

00:46:08 Melanie TIFI: Welcome to "What's Grief Got to do With it?"
with Jeffrey Morrison. Countries people registered from for this
Focusing Highlight:
Australia
Austria
Canada
France
Germany
Greece
Hong Kong – China
Ireland
Japan
Kuwait
Lebanon
Netherlands
Poland
Portugal
Spain
Switzerland
United Kingdom
United States
00:46:23 Bernadette Masterson: Dublin ireland
00:46:27 Blake B: Hello from Tulsa, OK!
00:46:28 Dana Hercbergs: Dana in the USA. Hello! Hope we get to see
each other at some point?
00:46:29 Boukje-Barbara Rolsma: the Netherlands
00:46:37 Sondra Ezrin: Canada
00:46:41 Barbara Dickinson: Hello from New Jersey, USA
00:46:42 Sondra Ezrin: Canada
00:46:46 Jeffrey Kinnamon TIFI Volunteer: Greetings from the Finger
Lakes, NY USA!
00:47:06 Harriet Teeuw: Netherlands
00:47:28 Joe Colletti: Hello from Cape Cod, Massachusetts
00:47:33 Sondra Ezrin: Hi from Canada! ☀️
00:47:39 Gosia Bochinska: Hi from Poland
00:47:42 Bobbie: I'm here from beautiful Parksville, BC, Canada. 🙏
00:48:02 Emily Mendez, LMFT: Hi from California
00:48:04 nancyburling: Hello from Edmonds, Washington.
00:48:27 Sharon Kaylen: Hello from Bainbridge Island, Washington
00:48:48 Susan: Hi Y'all! from North Carolina
00:49:22 Martin Schäffner: Hello from Dresden, Germany
00:49:26 katharine L Santa fe: Katharine from Santa Fe, New Mexico.
Happy toe here!
00:55:10 Skip Short: Skip Short Dobbs Ferry Lower Hudson Valley,
New York
00:56:49 Diane Budo: I never forgot a grief therapist who told me
that if grief is not shared, it doesn't fully release... I believe its
true.
00:59:33 Dana Hercbergs: I agree, Diane. We sometimes think we have to
keep things private / confidential in community. But this may not

serve us or the wider healing

00:59:59 Dana Hercborgs: That's taking what you say a step further perhaps

01:00:45 Dana Hercborgs: Braiding Sweetgrass

01:00:59 Skip Short: Braiding Sweetgrass

01:01:23 MacPherson Worobec: Braiding Sweetgrass

01:10:58 MacPherson Worobec: When things fall apart = one of my favorite books of all time. Timeless.

01:11:20 Susan: Author?

01:11:27 Dana Hercborgs: Pema Chodron

01:14:03 MacPherson Worobec: Befindlichkeit = felt sense

01:50:52 Diane Budo: In my books, SHAME never wants a witness...but it sure needs a wholesome witness.

01:51:35 Dana Hercborgs: Oh wow.

02:37:16 Dana Hercborgs: Thank you Katharine -- the trust with myself

02:37:17 Karen DeHart: Something that touched me early in the presentation: "If we live in a way that separates what we like about a process from what we don't like about a process, a disconnect forms."

02:38:11 Marie-Claude Charland: Thank you all, especially Katharine

♥

02:39:24 Bobbie: I heard that we don't actually "get over" the loss of someone/something Dear to us, we learn to live with it.

02:40:27 Boukje-Barbara Rolsma: Aging, Katherine, all, thx so much. I grieve for loss of connection with my husband to Dementia, and notice a new energy in my heart to really pay attention to seeing myself.

02:41:16 Susan: I don't see my comment in the chat, Will try again. Is there any possibility of pursuing partnerships with any participants who would want to try that?

02:41:48 Dana Hercborgs: A lovely idea Susan. I would be interested

02:43:34 Melanie TIFI: Thank you Jeffrey, Victoria, and everyone for attending!

Our next Focusing Highlights are August 10 with Hideo Tanaka <https://focusing.org/event/introduction-experiencing-and-creation-meaning-focusing-practitioners> and August 30 an International Focusing Highlight (in Portuguese with simultaneous interpretation into English) with Matheus Cautiero Mota <https://focusing.org/event/evangelho-sentido-deixe-que-seu-corpo-interprete-o-evangelho-felt-gospel-let-your-body>

And the Focusing Oriented Therapy Conference November 2-5 <https://focusing.org/event/focusing-oriented-therapy-conference-2023>

02:44:17 nancyburling: Thank you everyone. What a wonderful community.

02:45:13 Sondra Ezrin: Thank you Jeffrey for your very meaningful presentation! 🙏☀️

02:45:28 Marie-Claude Charland: Thank you so much for this webinar, so rich in teachings and insights. very grateful Jeffrey for talking about Indigenous ancestral trauma in Canada, part of healing community, even globally I believe. I work with Indigenous youth at

risk and all of this is most helpful. much of it is very much related to traditional Indigenous approaches to healing where connection is central.

02:45:36 Harriet Teeuw: thank you

02:45:45 Boukje-Barbara Rolsma: Thank you Jeffrey!

02:45:49 Bernadette Masterson: wonderful guided Focusing

02:45:51 Karen DeHart: Thank you!

02:46:00 Bobbie: 🙏💖

02:46:00 Barbara Dickinson: Invaluable! Thank you.

02:46:01 Joe Colletti: thank you Jeffrey

02:46:15 Blake B: Thank you all!

02:46:18 Martha A Taylor: Thank you

02:46:30 Randi Love: Thanks, Jeffrey ~ Randi